



FITNESS TESTING

What is it?

There are **four** components of physical fitness: cardiorespiratory fitness (VO₂ max), muscular fitness, flexibility, and body composition. The fitness test at AWC Wiesbaden assesses all four components and gives you a comprehensive overview of your current health status.

What are the **benefits**?

- You will receive a holistic view of your current fitness level.
- Find out what your strengths are and how to improve your weaknesses.
- Learn strategies to maximize your training time and reach your personal goals.

What will the test consist of?

- Walking, running, or cycling for 8-12 minutes while we measure your heart rate and oxygen consumption (VO₂ max).
- Measurements of your flexibility and strength.
- Body composition analysis.
- Explanation of your results and guidance developing a safe and effective exercise plan.

How do I **prepare**?

For testing accuracy it is important to follow these guidelines:

- Nothing to eat or drink three hours prior (water is okay).
- No use of tobacco products three hours prior.
- No exercise the morning of your appointment.
- Completion of the online questionnaire is required prior to your visit:

<https://www.sft.army.mil/awc/>

How do I **sign up**?

Please call the number at the bottom of the page to schedule an appointment.
We look forward to seeing you!

What's **YOUR** VO₂ max?

VO₂ max is the maximum rate of oxygen consumption during exercise. This is a good indicator of your current cardiorespiratory health.



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